

Appendix B: Sample Workout

This is a general cardiovascular and strength workout. Feel free to substitute or add exercises according to the guidelines described in [Chapters 5](#) and [7](#). Use [Worksheet B-1](#) and [Worksheet B-2](#) to design your workouts and chart your training progress.

Table B-1. Sample Workout

Sequence	Activity	Frequency	Intensity	Time
Warm-up		before exercise	50% maxHR	5 min.
Aerobic	Walk, Run, Swim, etc.	3 to 7 days/week	60 to 75% maxHR	30 to 60 min
Cool-down		after exercise	100 bpm	5 min.
Strength		3 days/week (Mon, Wed, Fri or Tues, Thurs, Sat)	2 sets of 12 repetitions	20 to 45min
Legs	Squats			
	Leg Curl			
Chest	Chest Press			
Back	Seated Row			
Shoulder	Lateral Raise			
Triceps	Triceps Extension			
Biceps	Biceps Curl			
Lower Back	Back Extension			
Abdominals	Ab Crunch			
	Side Crunch			
Stretch		3 to 7 days/week	30 seconds X 2	10 min
	Quadriceps			
	Hamstring			
	Pretzel			
	Butterfly			
	Chest			
	Upper Back			
	Rock-n-roll			
	Lizard			

Note that the duration of this workout is dependent on the number of exercises that are performed and the length of the aerobic exercise. Perform the number and duration of exercises that are appropriate for your fitness level and adjust the routine as your fitness improves.

Worksheet B-1. Aerobic Exercise Log

Date:							
Type							
Heart Rate							
Time							
Comments							
Date							
Type							
Heart Rate							
Time							
Comments							
Date							
Type							
Heart Rate							
Time							
Comments							
Date							
Type							
Heart Rate							
Time							
Comments							

Under "Comments", list the type of workout you performed (i.e., intervals, fartleks), how you felt during exercise, your perceived exertion (6-20 on the Borg scale), or any other measure that you use to track your progress.

Worksheet B-2. Strength Exercise Log

Exercises:		Date: _____ set x rep / wgt	Date: _____ set x rep / wgt	Date: _____ set x rep / wgt	Date: _____ set x rep / wgt	Date: _____ set x rep / wgt	Date: _____ set x rep / wgt	Date: _____ set x rep / wgt
Chest		/	/	/	/	/	/	/
		/	/	/	/	/	/	/
		/	/	/	/	/	/	/
		/	/	/	/	/	/	/
Back		/	/	/	/	/	/	/
		/	/	/	/	/	/	/
		/	/	/	/	/	/	/
		/	/	/	/	/	/	/
Shoulders & Arms		/	/	/	/	/	/	/
		/	/	/	/	/	/	/
		/	/	/	/	/	/	/
		/	/	/	/	/	/	/
Legs		/	/	/	/	/	/	/
		/	/	/	/	/	/	/
		/	/	/	/	/	/	/
		/	/	/	/	/	/	/
		/	/	/	/	/	/	/
Lower Back & Abs		/	/	/	/	/	/	/
		/	/	/	/	/	/	/
		/	/	/	/	/	/	/
		/	/	/	/	/	/	/
Remember to stretch!								

See [Chapter 7](#) for strength training guidelines. Rep = repetition; Set = the number of reps performed without resting; wgt = weight lifted.